

An Army National Guard Youth Event

# JANUARY JUMPSTART WITH MINDFULNESS

JOIN THE YOUTH TEAM FOR A  
TWO SESSION ZOOM WEBINAR  
ON THE POWER OF  
MINDFULNESS

WHO: ARMY GUARD YOUTH  
AGES 9 AND UP  
RSVP ONE WEEK BEFORE EACH  
SESSION

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**SESSION 1: MINDFULNESS TO DE-STRESS**  
**WHEN: THURSDAY JANUARY 14TH**  
**TIME: 4:00 - 4:30 P.M.**

**SESSION 2: MINDFULNESS & GLITTER JARS**  
**WHEN: THURSDAY JANUARY 28TH**  
**TIME: 4:00 - 4:30 P.M.**

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INSTRUCTIONS AND ZOOM MEETING ID  
WILL BE PROVIDED UPON REGISTRATION.  
TO REGISTER: EMAIL ANN RUSIN-EGNOR  
[@ANN.RUSINEGNOR.CTR@GMAIL.COM](mailto:ANN.RUSINEGNOR.CTR@GMAIL.COM)

